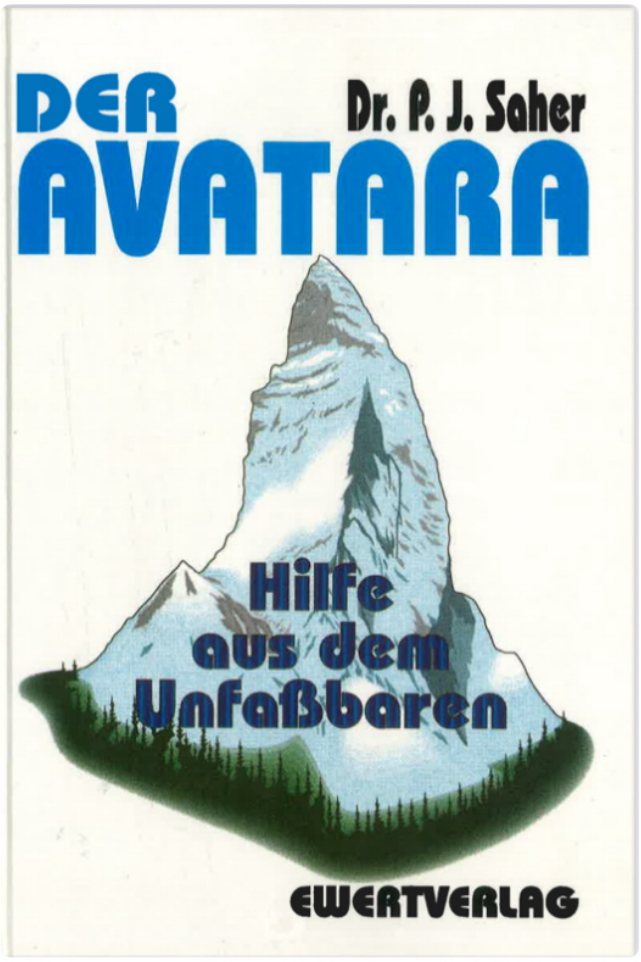

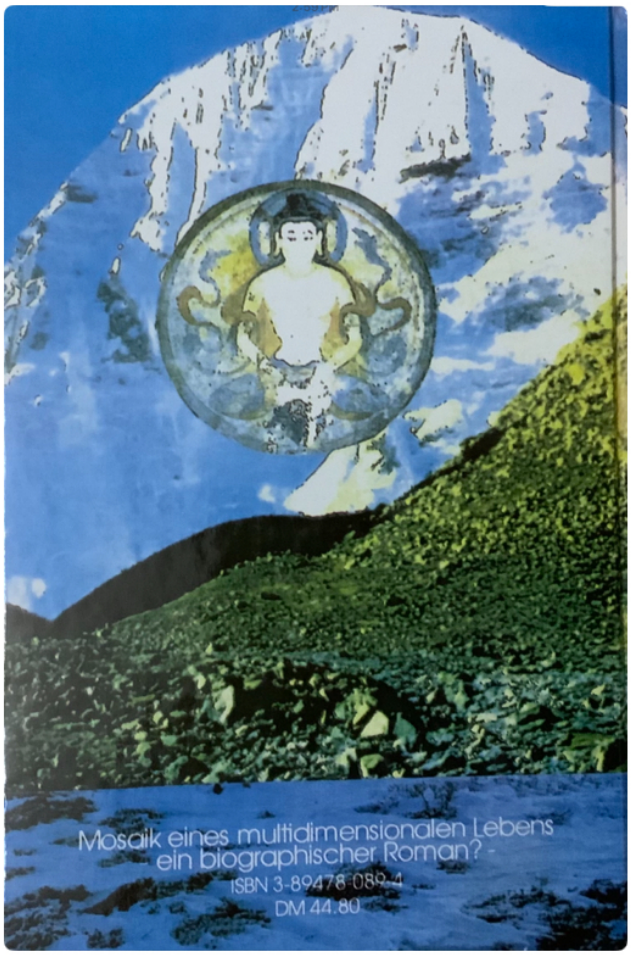

Der AVATARA: Prema's Multidimensional Life and Healing Wisdom

Summary:

"Der AVATARA: Prema's Multidimensional Life and Healing Wisdom" is presented as a unique "autobiographical biography" by Dr. P. J. Saher, an **Ayurveda practitioner** and philosopher. The book explores the life of an **Avatara** named Prema, an "enlightening, mediating being" who **incarnates to help suffering humanity**, alongside Dr. Saher's "universal philosophy of healing" called **SAHERologie and SAHERsophie**, which integrates divine wisdom with Western cybernetic medicine. It delves into Prema's **extraordinary life and spiritual experiences**, including communication with spirits and animals, and introduces a healing philosophy utilizing **healing gemstones** and the **INSTAYANTRO** concept. The text also touches on diverse philosophical systems like **ZENOGA-Concept**, **Kundalini Yoga**, and the mystery of the **Bermuda Triangle**, ultimately seeking to provide "help for suffering humanity" and emphasize the **search for truth**.

This book, **"Der AVATARA"** by Dr. P. J. Saher, is presented as a unique work in world literature [1]. It is not merely a philosophical text but also an **"autobiographical biography" of a living Avatara**, offering deep insights into spiritual and mystical experiences [1]. The author, Dr. P. J. Saher, is described as an **Ayurveda practitioner** and philosopher [1]. The full title also includes **"Hilfe aus dem Unfaßbaren" (Help from the Incomprehensible)** and **"Mosaik eines multidimensionalen Lebens" (Mosaic of a Multidimensional Life)**, setting the stage for its complex themes [2, 3].

Here is a point-wise summary of the book:

- Understanding the Avatara Concept [3-5]:
  - The term **"Avatara"** comes from Sanskrit, meaning **"descending from heaven"** (ava) and **"taking form in humanity"** (tri), signifying **transformation or reformation** [3].
  - An Avatara is an "enlightening, mediating being" and a "symbolic embodiment of many facets of God" [3].
  - This being, whether male (Avatara) or female (Tara), **incarnates into a mortal body out of "compassion"** to "re-transform" or "improve itself" and to **"help suffering humanity towards light"** [3].
  - The book also defines an Avatara as the **"Viceroy as executor of divine decrees"** [4].

- The Author's Universal Philosophy (SAHERologie and SAHERsophie) [6-8]:
  - Dr. P. J. Saher presents his own **"universal philosophy of healing"** called **"SAHERologie and SAHERsophie"** [6, 7].
  - This philosophy combines "divine wisdom with Western cybernetic medicine" [7].
  - It is described as a "new philosophy of Lemuria" and addresses the "cosmic-galactic existence" [8].

- Prema's Life: The Avatara's Journey [1, 9-11]:
  - The book primarily narrates the "extraordinary, non-mystical" life of an Avatara named Prema [1, 9].
  - Prema was born on **January 28, 1944**, in Bombay [11].

◦ His life journey unfolds as a "mosaic of a multidimensional life", highlighting both earthly (chronological-biographical) and metaphysical (esoteric) aspects [3, 9].
◦ Prema experienced an **"unusual carefree childhood"** and was described as very sensitive and empathetic [10].
•Spiritual and Esoteric Experiences [1, 12-14]:
◦ The book describes "sensationalistic miracles" and various spiritual "effects" [1].
◦ Prema had the ability to **read human minds** and discern truth [10].
◦ He was deeply connected to the spiritual world, engaging in **"Séancen" (seances)** and communicating with spirits [13].
◦ A notable experience includes his reported **communication with crocodiles** [14].
◦ The Excelsior Theater in Bombay became a **"center of the spiritual society Bhut Khana"** (Spirit House), where Prema worked as a light and sound technician and conducted spiritual activities [12].
•Key Characters and Mentors [4, 15-21]:
◦ **Prema's Father (The Master):** A Parsi with significant spiritual meaning, who came to Bombay under unusual circumstances [15, 22]. He taught Prema about the cosmic connection and was a "mustergültiger Führer" (exemplary guide) [9, 23].
◦ **Prema's Mother (Dimbai):** A Parsi woman of exceptional beauty with parapsychological abilities, who could make spirits appear [16, 24].
◦ **Seth S. N. TAVARIA:** The author's uncle and childhood teacher, a great yogi master, to whom the book is dedicated [4].
◦ **Mischa:** A "half-Chinese" rickshaw coolie whom Prema met near Calcutta, described as a "spiritually significant being" and "invisible friend" [17, 25].
◦ **PUKAR:** A spiritual guide Prema encountered [18].
◦ **NARIMAN:** Another spiritual guide or master with "clairvoyant abilities" who practiced spiritual healing through meditation [19, 26].
◦ **DUNDUBAI:** A divine being or Avatara, described as a "superhuman," who embodies the Avatara's purpose to restore justice and overcome evil [21, 27].
◦ **GANGHA:** A young girl rescued from cannibalism, who becomes part of the Saher family and undergoes spiritual transformation [20, 27].

•Healing and Spiritual Practices [7, 28-32]:
 ○ The book delves into Dr. Saher's "universal philosophy of healing," which is deeply rooted in Ayurveda [7, 28].
 ○ It introduces "Heilbringende Edelsteine" (Healing Gemstones), explaining how they carry "cosmic energy" and radiate PSI-energy for healing purposes [29, 30, 33]. Each gemstone has a specific meaning and effect (e.g., Moonstone for purity, Ruby for courage, Aquamarine for intuition, Amethyst for humility, Carnelian for trust, Sapphire for good advice, Garnet for strength, Emerald for cosmic streams, Malachite for healing), as described in the "INSTAYANTRO-Lied" sections [32, 34, 35].
 ○ The concept of **"INSTAYANTRO"** is presented as a healing philosophy that uses gemstones to balance energy and enable spiritual transformation [30, 31, 36, 37]. It is explicitly stated that Instayantro is **not merely "religious" but a comprehensive healing approach** [32].

•Philosophical and Spiritual Systems [25, 38-43]:
 ○ The **ZENOGA-Concept**, based on a combination of **Zen and Yoga**, is introduced as a method to connect Eastern and Western thought and understand complex phenomena [25, 43, 44].
 ○ The book discusses **Kundalini Yoga**, detailing the awakening of Kundalini energy through the body's chakras and its effects on the physical and spiritual self [45, 46].
 ○ It explores **"Koans,"** inner spiritual guides that represent a path to enlightenment [39].
 ○ Various religions and spiritual figures are mentioned, including **Zarathustra, Moses, Laotse, Buddha, Jesus, and Mohammed**, linking their teachings to a **"cosmic existence"**and a **"cosmic human"** [40-42].
 ○ The concept of **"Faust's Indian Dream"** serves as a key idea, blending Western and Eastern mysticism [41].

•Mysterious Phenomena (The Bermuda Triangle) [47-50]:
 ○ A significant part of the book, titled **"The Race Against Death,"** focuses on Prema's experience of **flying over the Bermuda Triangle** [47, 48].
 ○ The Bermuda Triangle is described as a place of **"unexplained phenomena,"** linked to **"energy fields"** and possibly a **"shadow" or "tunnel"** [49, 50]. A diagram related to **fractal geometry** is provided in the source to illustrate these concepts [51]. The author attempts to explain these phenomena from a multidimensional perspective [52].

• **Core Message** [1, 3, 4, 23, 53]:
  ○ The book aims to provide a "gentle, poetic introduction to the cosmos, wisdom, and even transparency in our everyday reality" [1].
  ○ It emphasizes the importance of the search for truth, stating "Nothing is more wonderful than the truth" [53].
  ○ It underscores the idea that a "good friend is not just half the path to salvation, but the whole way" [4, 23].
  ○ Ultimately, the book offers **"help for suffering humanity"** through its insights into a multidimensional life and spiritual transformation [3, 54].

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Shri S. N. Tavaria: Yogi Master and Mentor

Shri S. N. Tavaria, a **"Great Yogi Master"** and **Dr. P. J. Saher's uncle and childhood teacher**, profoundly influenced Saher's intellectual and spiritual journey. Tavaria provided Saher with **"access to 'strictly kept secret texts of 'hidden wisdom' of Asia',"** a transmission that required **"certain initiations"** and significantly shaped Saher's life path. This unique education **"predestined him to become 'an unofficial ambassador between the world of the Far East and the West',"** highlighting Tavaria's foundational role in Saher's development as a bridge between Eastern spirituality and Western thought.

Shri S. N. Tavaria played a significant role in Dr. P. J. Saher's life and intellectual development [1, 2].

Here is a detailed note on Seth S. N. Tavaria, drawing on the provided sources:

- **Relationship and Identity:** Seth S. N. Tavaria was Dr. P. J. Saher's **uncle** (Oheim) [1, 2] and his **teacher during childhood** (Lehrer in der Kindheit) [1]. He is described as a **"Great Yogi Master" (Großyogameister)** [1] and a **"well-known Indian Yogi" (bekannten indischen Yogi)** [2]. The book "Der AVATARA" is dedicated to his memory, noting his passing on **May 28, 1994** [1]. Tavaria also left behind many fond friends in the West, particularly in Germany, and the book is intended as a lasting sign of comfort and friendship that transcends death for them [1].

- **Role in the Author's Development:**
  - As Dr. Saher's childhood teacher, Seth S. N. Tavaria was a **foundational influence** on his early education and understanding [1].
  - Crucially, through his uncle, Dr. Saher gained access to "strictly kept secret texts of 'hidden wisdom' of Asia" (streng geheim gehaltenen Texten der 'verborgenen Weisheit' Asiens) [2]. This suggests that Tavaria was a conduit for esoteric or profound spiritual knowledge that was not widely available [2].
  - This access to secret knowledge was not simply given; it required **"certain initiations" (gewisse Einweihungen)** [2]. This implies a structured and possibly ritualistic transmission of profound spiritual teachings.
  - The sources indicate that Dr. Saher's **birth, education, and life circumstances (Geburt, Erziehung und Lebenslage)**, combined with Tavaria's influence, **predestined him to become "an unofficial ambassador between the world of the Far East and the West" (eine Art inoffizieller Botschafter zwischen der Welt des Fernen Ostens und dem Abendland)** [2]. This highlights Tavaria's profound impact on shaping Dr. Saher's universal philosophical approach, which combines "divine wisdom with Western cybernetic medicine" as part of his "SAHERologie and SAHERsophie" [3].

- **Secret Texts and Knowledge Shared:**
  - The sources explicitly state that Tavaria shared "strictly kept secret texts of 'hidden wisdom' of Asia" [2].
  - The nature of these texts is described as requiring "initiations" to be understood and conveyed, suggesting a deep, esoteric body of knowledge [2]. While the specific titles of these texts are not provided within the sources, their content is implicitly linked to the "hidden wisdom" and yogic traditions that Shri S. N. Tavaria, as a "Great Yogi Master," would possess [1, 2].

<u>Information from Outside the Given Sources:</u>

The name Seth S. N. Tavaria is also recognized in open sources beyond the provided excerpts. Outside of these sources, Sethna N. Tavaria (often referred to as S.N. Tavaria) is known in the **Theosophical movement**, particularly associated with the **United Lodge of Theosophists (ULT)**. He was a prominent figure known for his deep knowledge of ancient wisdom traditions and the original teachings of Theosophy, often emphasizing inner spiritual development and self-study. His connection to "hidden wisdom of

Asia" and "initiations" aligns with aspects of Theosophical studies, which claim to draw from esoteric sources and paths of spiritual unfolding. This external information suggests that the "secret texts" might be related to classical Theosophical literature or the broader wisdom traditions that influenced it.

Please note that this external information is not from the provided sources and you may want to independently verify it.

YOGI Shri Soli Tavaria

Shri S. N. Tavaria, often referred to as "Soli ji Tavaria", was a profoundly influential figure in the life and intellectual development of Dr. P. J. Saher, serving as Dr. Saher's **uncle** and **childhood teacher**. He is described as a **"Great Yogi Master"** and a **"well-known Indian Yogi"**. The book "Der AVATARA" is dedicated to his memory, noting his passing on May 28, 1994.

S.N. Tavaria's Secret Teachings

Dr. Saher gained access to Tavaria's **"strictly kept secret texts of 'hidden wisdom' of Asia"** through his uncle. Access to this profound spiritual knowledge was not merely given; it required **"certain initiations"**, suggesting a structured and esoteric transmission of teachings. Tavaria's guidance and these secret texts provided foundational insights for Dr. Saher's work, including his interpretations of Patanjali's Yoga Sutras and the development of various spiritual and healing practices. These teachings are presented in works like "Education for Attention" and "Inner Discipline," often attributed to Tavaria ji's Guru "Shree Rama".

Main Points and Practices from S.N. Tavaria's Teachings:

The teachings emphasize a **holistic approach to self-transformation** and spiritual progress, focusing on internal disciplines to achieve higher states of consciousness and well-being.

- **Core Philosophy: Attention and the Mind**
  - **The Significance of Attention**: Attention is highlighted as **central to fundamental change** in how one lives, enabling a meaningful life and opening doors to profound understanding. It is noted as a subject "almost totally neglected at all levels of education".
  - **Brain as a Computer**: The human brain functions like a computer with "software" called the "river of thought". While it can process information, it cannot generate new insights or transform values intrinsically; for this, it relies on the **"self-mind" (chitta)**.

- **Cosmic Mind (Chitti) and Self-Mind (Chitta)**: **"Chitti" is the energy of universal intelligence** that powers the brain. When this energy flows through the brain, it becomes the "self-mind" or "chitta," which is the **source of all wisdom, values, and insight**. An attentive brain can receive these "treasures" from the self-mind.
- **Yoga's Purpose**: The basic aim of yoga is to prepare the brain to receive insights from the self-mind. Patanjali, considered a "remarkable scientist," emphasized an **experimental and experiential approach** to understanding attention and the self-mind, not just belief.
- **Re-education as Unlearning**: True re-education involves "unlearning," which is likened to the Buddha's exhortation to "empty thy boat". This process consciously reverses ingrained negative patterns.

• **States of Awareness**
- **Semi-somnambulism**: The state where most people live, characterized by dull, diffused attention and automatic involvement of the four centers (Intellect, Emotion, Sex, Movement - I.E.S.M.), which continuously activate the qualities of tamas, rajas, and sattva.
- **Wakefulness**: A state of **heightened, clearer, and penetrating attention**. Here, the Intellectual center plays a more prominent role, helping to regulate thought formation for rationality and balance, often reflected in a 5:2:2:1 ratio of the I.E.S.M. centers. This state, however, still requires continuous effort.
- **Awakenedness (Pratyahara)**: In this advanced state, the four I.E.S.M. centers either cease to function or can be deactivated at will. Attention becomes unmotivated and free to turn inward, leading to the emergence of an "uninvolved witness" and direct contact with the "self-mind" (chitta) and "Cosmic Mind" (chitti). Patanjali calls this **"pratyahara,"** and it is the stage for the separation of cellular-molecular and molecular bodies.
- **Transformation**: The ultimate state that defies description, representing a "change of brain" rather than just a change in brain function.

• **Practical Methods and Disciplines**
- Three-Step Rhythmic Breathing (3SRB):
  - **Method**: This is a core practice that involves **total breathing**, using both upper and lower lung lobes simultaneously, with a slightly more forceful exhalation. The recommended rhythm is 12 cycles per minute (5 seconds per cycle), mentally counting "one, two, three" for inhalation and "five, six" for exhalation.

- **Practice**: Begin with about 20 minutes of conscious practice daily (max 20 min/stretch, three times a day) and gradually integrate it into the unconscious breathing for 24-hour benefits. Practicing at bedtime with music helps establish this habit.
- **Benefits**: 3SRB is said to significantly **reduce the rate of thinking** (from 7,200 thoughts/minute to 1,200 thoughts/minute, or 120 thoughts/second to 20 thoughts/second), leading to **sharper and clearer attention**. It **infuses harmony and rhythm** into the brain-body system and **synchronizes physical breath with "prana"**, the pulsation of the astral body. It is a vital **healing source of energy**, helps remove emotional "debris", corrects imbalanced nervous systems, and promotes natural growth and appropriate responses to life's challenges.

- **Corrective Methods**:

- **Purpose**: To change "minus resultant intensity" (negative thought patterns and weaknesses) to "plus resultant intensity".
- **Application**: Addresses specific weaknesses such as fear, unhappiness, envy, hatred, deceit, anger, and irritability.
- **Technique**: Involves repeatedly reading or stating a positive affirmation (quotation) related to the weakness. This is done mentally, then aloud, then softly, engaging both emotional and intellectual centers. Visualization and concluding with 2 minutes of 3SRB (relaxing eyes closed) are also part of the daily practice.

- **Prism Exercise:**

- **Purpose**: A significant practice to **"free attention towards chitta (self-mind) and chitti (Cosmic-Mind)"**. It aims to **"freeze thought movement,"** which is considered a major achievement for advanced states of meditation. This exercise helps to **upgrade awareness**, enabling one to perceive events in distant locations simultaneously.
- **Method**: Involves progressive steps starting with observing a prism on a white cloth in a seated position for 5 minutes, aiming for the prism to "disappear" from sight, signifying a momentary freezing of thought. Subsequent steps involve standing, incorporating awareness of surroundings, looking out a window while maintaining clarity of foreground, and finally, walking while perceiving a limited, focused path, all to deepen attention and awareness. Patience and slow progression are emphasized, increasing practice time by 5 seconds every fortnight.

- **Self-Analysis / Drift Monitoring**: Daily practice (15-30 minutes) of observing and noting the "drifts" of the mind away from a chosen subject. This involves classifying these drifts (e.g., related to sex, anger, ego) and summarizing them fortnightly to identify predominant weaknesses and understand inner mind states.
- **Dietary and Sleep Disciplines**: Gradual adjustments to diet, preferring simple, single-course meals, and avoiding food after 4 pm. Avoiding alcoholic drinks is strongly recommended. Similarly, sleep hours are gradually reduced to 4 hours per night (11 pm - 5 am) to save valuable waking time for spiritual practices.
- **The "Magic Formula" / Purpose of Life and Birth**: A paramount practice is to constantly ask **"What is the purpose of Life and Birth?"** for every action, thought, or interaction throughout the day. This "supreme Mantra" helps ensure alignment with life's true purpose and prevents "drifts" – any action not fulfilling this purpose.

• **Key Concepts**
- **Resultant Intensity**: This term describes an individual's basic energetic state, which is influenced by their thoughts and actions. It can be "plus" (constructive) or "minus" (negative). High "plus resultant intensity" is associated with liberation, while high "minus resultant intensity" leads to bondage.
- **Wisdom Units**: The accumulation of high "plus resultant intensity" is measured in "wisdom units". Reaching two wisdom units is necessary to attain the "critical certain stage", and higher numbers of units correspond to stages of spiritual masters (e.g., four for saints, eight for maharishis, sixteen or more for Bhagwan, and thirty-two or more for prophets or avataras).
- **Critical Certain Stage**: This is a crucial threshold in spiritual progress. It signifies a level of inner preparedness, and only after reaching it can one successfully engage in higher yoga practices like concentration (dharna), meditation (dhyana), and identification (samadhi). At this stage, the "Master" is said to appear to guide the sincere disciple.
- **Brain/Mind Sections**: The teachings outline four main sections of the brain/mind, each with distinct functions and levels of consciousness:
  - **Section 1 (Chitta/Kama-manas)**: This is the **conscious mind**, responsible for forming pictures and thoughts from impulses. It is characterized by ceaseless "chatter" and the interplay of the Intellectual, Emotional, Sex, and Moving (I.E.S.M.) centers.

- **Section 2 (Instinctive Centre/Pure Reason)**: This is primarily the **subconscious mind**. One part (2a) manages automatic bodily functions like digestion and circulation (developed from birth), while the other part (2b) is consciously developed to hold one thought at a time, enabling **concentration and meditation**. Its inherent quality is detachment.
- **Section 3 (Psychic/Super-conscious)**: Operates on the **molecular plane** and offers awareness of the past, present, and future. It is linked to psychic abilities like clairvoyance and clairaudience.
- **Section 4 (Cosmic Conscious)**: Functions on the **electronic plane** and provides understanding of the fundamental causes behind all other worlds. A person at this stage can operate across all brain sections and is considered a **"God on earth"**.

- **Kundalini**: Described as a **great force ("shakti," "Parameshwari")**, rather than a nerve, representing a person's basic "resultant intensity". It is "sleeping" or "coiled" when the intensity is low and "awakened" when it is high, which is associated with the manifestation of supernatural powers. The awakening of Kundalini and its flow through the Sushumna nadi (a central channel in the spinal cord) is crucial for clearing passages for higher yoga practices and gaining control over the autonomic nervous system.

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Note:
For more info on S.N. Tavaria visit:-
https://www.3srb.org/
https://youtube.com/@rajenvakil
http://www.youtube.com/@ravimalik180